

# Hippie Stix

**Makes:** 50 Servings

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Ingredients	Weight	Measure
Fresh, pared and cut (approx 1/4" x 1/4" x 4" stick shape), raw sweet potato	12 1/2 lb	25 cup
No-salt seasoning (e.g. Mrs. Dash)		6 1/4 tsp
Cinnamon		6 1/4 tsp



## Directions

1. Begin with readied sweet potato sticks (fresh, raw sweet potatoes that have been washed, pared and cut into approximately 1/4" x 1/4" x 4").
2. Pre-heat oven to 400 degrees F.
3. Arrange the sweet potato sticks in a single layer and so that they are not touching each other on a lined baking sheet.
4. Bake at 400 degrees F until tender (approximately 25 minutes), flipping after approximately 10 minutes (Note: oven temps may vary; please adjust accordingly).
5. Remove the sweet potato sticks from oven and sprinkle with the no-salt seasoning and cinnamon. Serve warm.

## Notes

Serving Tips:

When preparing "Hippie Stix" in a school cafeteria, logistics may dictate procuring the sweet potatoes pre-cut. If this is the case, please ensure that the potatoes are pared and cut into a stick/ 'fry' shape (or experiment with other shapes such as 'chips,' etc.) then shipped fresh and are otherwise unprocessed. Please do not utilize frozen 'sweet

potato fries' that have been processed with various added ingredients and/ or fried before freezing.

#### Additional Tips

When making 50 servings the "Hippie Stix" should be batched so that they are served soon after they have been baked.